LEGENDS MMA SCHEDULE 2026

Tiny Tots Ages 4 to 6 | Young Legends Ages 7 to 12 | Teen Legends Ages 13 to 15 | Adults 16 +

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Class / Martial Art	Class / Martial Art	Class / Martial Art	Class / Martial Art	Class / Martial Art	Class / Martial Art	Class / Martial Art
8:00am-4:00pm Personal Training Available	8:00am-4:00pm Personal Training Available	8:00am-4:00pm Personal Training Available	8:00am-4:00pm Personal Training Available	8:00am-4:00pm Personal Training Available	10:00am-11:00am Teen Legends Karate-Kickboxing Sparring	11:00pm-12:00pm Open Studio
11:00am-12:00pm Muay Thai K-1 Kickboxing		11:00am-12:00pm Muay Thai K-1 Kickboxing		11:00am-12:00pm Muay Thai K-1 Kickboxing	11:00am-11:45am Tiny Tots Karate-Kickboxing Room 1	12:00pm-1:00pm Beginner Muay Thai Kickboxing
5:00pm-6:00pm Young Legends Group 1 Karate-Kickboxing	5:00pm-5:45pm Tiny Tots Karate-Kickboxing Room 1	5:00pm-6:00pm Young Legends Group 1 Karate-Kickboxing	5:00pm-5:45pm Tiny Tots Karate-Kickboxing Room 1	5:00pm-6:00pm Young Legends Group 1 Karate-Kickboxing	12:00-1:00pm Beginner Muay Thai Kickboxing Room 1 Brazilian Jiu Jitsu Room 2	1:00pm-2:00pm Beginner Boxing
6:00pm-7:00pm Young Legends Group 2 Karate-Kickboxing	6:00pm-7:00pm Teen Legends Karate-Kickboxing	6:00pm-7:00pm Young Legends Group 2 Karate-Kickboxing	6:00pm-7:00pm Teen Legends Karate-Kickboxing	6:00pm-7:00pm Young Legends Group 2 Karate-Kickboxing	1:00pm-2:00pm Beginner Boxing	
7:00pm-8:00pm Muay Thai K-1 Kickboxing	7:00pm-8:00pm Muay Thai K-1 Kickboxing	7:00pm-8:00pm Muay Thai K-1 Kickboxing Sparring	7:00pm-8:00pm Muay Thai K-1 Kickboxing	7:00pm-8:00pm Muay Thai K-1 Kickboxing	2:00pm-3:00pm MMA CLASS	
8:00pm-9:00pm Boxing Room 1 Brazilian Jiu Jitsu Room 2	8:00pm-9:00pm Boxing Room 1 Brazilian Jiu Jitsu Room 2	8:00pm-9:00pm Beginner Classes Muay Thai Kickboxing Room 1 Fighters Camp Room 2	8:00pm-9:00pm Boxing Room 1 Brazilian Jiu Jitsu Room 2	8:00pm-9:00pm Boxing Room 1 Freestyle Wrestling Room 2		